

WHAT IS CLAIMED IS:

1. An exercise system, comprising:

a frame adapted to rest on a floor surface;

a body supporting platform mounted on the frame; and

5 a first dumbbell assembly and a second dumbbell

assembly, wherein each said dumbbell assembly includes a handle that defines a longitudinal axis, a set of weights configured for connection to a respective said handle, and a base that is sized and configured to support a respective said set of weights in  
10 alignment with a respective said handle, wherein each said base is pivotally connected to the frame in a manner that defines at least one horizontal pivot axis.

2. The exercise system of claim 1, wherein each said base pivots relative to the frame between a first position disposed at  
15 a first elevation above the floor surface, and a second position disposed at a relatively higher, second elevation above the floor surface.

3. The exercise system of claim 1, further comprising a second body supporting platform mounted on the frame and arranged  
20 to extend perpendicular to the first body supporting platform.

4. The exercise apparatus of claim 1, wherein each said base pivots to a respective storage position disposed beneath the body supporting platform.

5. The exercise apparatus of claim 1, wherein each said  
25 base pivots about a common horizontal axis relative to the frame.

6. An exercise system, comprising:

a frame adapted to rest on a floor surface;

a body supporting platform mounted on the frame; and

a first dumbbell assembly and a second dumbbell

5 assembly, wherein each said dumbbell assembly includes a handle  
that defines a longitudinal axis, a set of weights configured for  
connection to a respective said handle, and a base that is sized  
and configured to support a respective said set of weights in  
alignment with a respective said handle, wherein each said base  
10 is movably connected to the frame for movement between a  
respective first position underlying the body supporting  
platform, and a second position out from under the body  
supporting platform.

7. The exercise system of claim 6, wherein each said base  
15 occupies a first elevation relative to the floor surface when  
occupying said first position, and each said base occupies a  
relatively higher, second elevation relative to the floor surface  
when occupying said second position.

8. The exercise system of claim 6, further comprising a  
20 second body supporting platform mounted on the frame and arranged  
to extend perpendicular to the first body supporting platform.

9. The exercise apparatus of claim 6, wherein each said  
body support pivots about a common axis relative to the frame.

10. The exercise apparatus of claim 6, wherein each said  
25 base occupies a common orientation in each said position.

11. An exercise system, comprising:

a frame adapted to rest on a floor surface; and

a first dumbbell assembly and a second dumbbell

assembly, wherein each said dumbbell assembly includes a handle

5 that defines a longitudinal axis, a set of weights configured for

connection to a respective said handle, and a base that is sized

and configured to support a respective said set of weights in

alignment with a respective said handle, wherein each said base

is pivotally connected to the frame in a manner that defines at

10 least one horizontal pivot axis, and that accommodates movement

of each said base between respective first and second upright

positions relative to the frame.

12. The exercise system of claim 11, wherein each said base  
occupies a first elevation relative to the floor surface when

15 occupying one of the positions, and each said base occupies a

relatively higher, second elevation relative to the floor surface  
when occupying another of the positions.

13. The exercise system of claim 11, further comprising a  
body supporting platform mounted on the frame and arranged to

20 extend parallel to the floor surface.

14. The exercise apparatus of claim 13, wherein the first  
positions are beneath the body supporting platform, and the  
second positions are out from under the body supporting platform.

15. The exercise apparatus of claim 13, wherein at least  
25 the second positions are outside opposite sides of the body  
supporting platform.

16. An exercise system, comprising:

a frame adapted to rest in two different orientations on a floor surface; and

a first dumbbell assembly and a second dumbbell assembly, wherein each said dumbbell assembly includes a handle that defines a longitudinal axis, a set of weights configured for connection to a respective said handle, and a base that is sized and configured to support a respective said set of weights in alignment with a respective said handle, wherein each said base is movably connected to the frame in a manner that maintains each said base in an upright position when the frame occupies either of the orientations.

17. The exercise system of claim 16, wherein each said base occupies a first elevation relative to the floor surface when the frame occupies one of the orientations, and each said base occupies a relatively higher, second elevation relative to the floor surface when the frame occupies another of the orientations.

18. The exercise system of claim 16, further comprising a body supporting platform mounted on the frame and arranged to extend parallel to the floor surface when the frame occupies one of the orientations.

19. The exercise system of claim 18, further comprising another body supporting platform mounted on the frame and arranged to extend parallel to the floor surface when the frame occupies another of the orientations.

20. The exercise apparatus of claim 18, wherein the body supporting platform overlies each said dumbbell assembly when the frame occupies said one of the orientations.